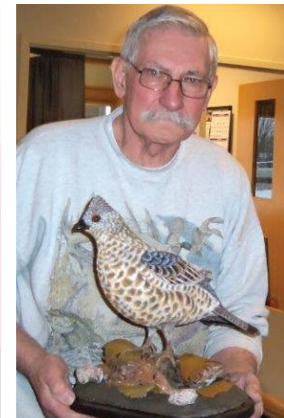


HARFORD COUNTY SENIOR ACTIVITY CENTERS CATALOG OF CLASSES SUMMER 2017



BARRY GLASSMAN
Harford County Executive

AMBER SHRODES
Director, Community Services

Office on Aging

Harford County Department of Community Services
www.harfordcountymd.gov/services/aging 410.638.3025

Relax and enjoy a tasty, affordable,
nutritionally balanced lunch.
It's quick and convenient!

Here are just a few of the delicious dishes on our menu:

- Hearty Baked Potato & Chili Con Carne
- Grilled Chicken & Pasta Salad over fresh baby spinach
- Navy Bean Soup & Chicken Caesar Wrap
- Pepper Steak over brown rice

Join us! Lunch is served at noon at the following centers:

- Aberdeen, Edgewood & McFaul – daily
- Havre De Grace – contact center for days that lunch will be served
- Fallston – contact center for days that lunch will be served

How does it work?

Sign up on our lunch list two days in advance. Call 410-638-3025, visit www.harfordcountymd.gov/services/aging/, or see the front desk to sign up. Come to the dining room at noon on the day you are having lunch. Suggested donation \$2.25 (\$4.00 if you are under age 60)

Let's have Lunch!



If you haven't dined with
us lately, try us again!



To see our menu visit www.harfordcountymd.gov/services/aging/ and click on Meal Program & Menu

BARRY GLASSMAN
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Director, Dept. of Community Services

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Stepping On

Building Confidence and Reducing Falls

Concerned about Falling?

Stepping On is a well-researched falls prevention program that will be offered at the Fallston Senior Activity Center starting Thursday, July 13 from 10:00 a.m. to Noon.

The class is free of charge to senior center members and meets for two hours a week for seven weeks. Participants must commit to attending all seven classes.

The class is facilitated by nurses from University of Maryland Upper Chesapeake Health Systems HealthLink.

Interested members must apply in person for the class and must meet the following criteria:

- Age 55 or older
- Have had a fall in the past year or are fearful of falling
- Are living in a home or apartment
- Are NOT suffering from dementia

Applications will be accepted starting the first day of Summer registration. Class is limited to 14. For more information, contact the Fallston Senior Activity Center at 410-638-3260. This class will be offered at other Senior Activity Centers in Harford County in 2017.

More information on additional class dates coming soon!



Barry Glassman
Harford County Executive

Amber Shrodes
Director, Community Services

Office on Aging

Harford County Department of Community Services
www.harfordcountymd.gov/services/aging 410.612.1622

2017 HEALTH SCREENING SCHEDULE

Upper Chesapeake Health Link will provide the following screenings to Harford County Seniors age 55+ at the Harford County Senior Activity Centers.

For more information about each screening please call your local Senior Activity Center.

July – Osteoporosis Screenings

10:00 a.m. - 12:00 noon

1st Monday – Edgewood
1st Wednesday – McFaul
2nd Tuesday – Aberdeen
2nd Wednesday – Fallston
4th Wednesday – Havre de Grace

August – Sleep Disorder Screenings

10:00 a.m. - 12:00 noon

1st Monday – Edgewood
1st Wednesday – McFaul
2nd Tuesday – Aberdeen
2nd Wednesday – Fallston
4th Wednesday – Havre de Grace

September – My Plate/Healthy Eating*

10:00 a.m. - 12:00 noon

1st Monday – Edgewood
1st Wednesday – McFaul
2nd Tuesday – Aberdeen
2nd Wednesday – Fallston
4th Wednesday – Havre de Grace
*(*this will happen in Oct. for HDG)*

October – Flu Shots

(Flu shots are free with Medicare Card and ID; otherwise \$30 cash or check)

10:00 a.m. - 12:00 noon

1st Monday – Edgewood
1st Wednesday – McFaul
2nd Tuesday – Aberdeen
2nd Wednesday – Fallston
4th Wednesday – Havre de Grace
*(*Flu shots will happen in Sept. for HDG)*

November – Diabetes Prevention and Education

10:00 a.m. - 12:00 noon

1st Monday – Edgewood
1st Wednesday – McFaul
2nd Tuesday – Aberdeen
2nd Wednesday – Fallston
4th Wednesday – Havre de Grace

December – Blood Pressure Screenings

10:00 a.m. - 12:00 noon

1st Monday – Edgewood
1st Wednesday – McFaul
2nd Tuesday – Aberdeen
2nd Wednesday – Fallston
4th Wednesday – Havre de Grace

In addition to the screenings listed, Upper Chesapeake will also provide FREE blood pressure screenings on the same day as other screenings, with the exception of the day that flu shots are offered.



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Harford County Executive

Amber Shrodes
Director, Community Services

Office on Aging

Harford County Department of Community Services
www.harfordcountymd.gov/services 410.638.3025

Harford County Senior Activity Centers

Locations and Hours of Operation

ABERDEEN 410-273-5666

7 Franklin Street, Aberdeen, MD 21001

Monday-Friday 8:30 a.m. - 3:30 p.m.

EDGEWOOD 410-612-1622

1000 Gateway Drive, Edgewood, MD 21040

Monday-Friday 8:30 a.m. - 3:30 p.m.

FALLSTON 410-638-3260

1707 Fallston Road, Fallston, MD 21047

Monday-Friday 8:30 a.m. - 3:30 p.m.

HAVRE DE GRACE 410-939-5121

351 Lewis Lane, Havre de Grace, MD 21078

Monday-Friday 8:30 a.m. - 3:30 p.m.

MCFAUL 410-638-4040

525 W. MacPhail Road, Bel Air, MD 21014

Monday-Friday 8:30 a.m. - 3:30 p.m.

NORRISVILLE 410-692-7820

Satellite Location - Classes only

5310 Norrisville Road (Route 23)

White Hall, MD 21161

Monday-Friday 9:00 a.m. - 3:00 p.m.

No meals are available at this location

Welcome to Harford County's Senior Activity Centers!

We are dedicated to promoting healthy and active lifestyles for our citizens age 55 and over

SUMMER SEMESTER 2017

Monday, July 3 (Tuesday is July 4th holiday) through Friday, September 8, 2017

CLASS REGISTRATION INFORMATION

Registration OPENS at Fallston, for Fallston classes only on Tuesday, May 30, 2017
(May 29 is the Memorial Day Holiday)

Registration OPENS at McFaul, for McFaul classes only on Wednesday, May 31, 2017

Registration OPENS at Aberdeen, Edgewood, Havre de Grace and Norrisville
(satellite location) Thurs, June 1, 2017

NOTE: Norrisville is a satellite location and accepts drop-off registrations only.

Registration CLOSES on Friday, June 23, 2017

**ALL CENTERS CLOSED TUESDAY, JULY 4TH FOR INDEPENDENCE DAY
and MONDAY, SEPTEMBER 4 FOR LABOR DAY HOLIDAY**

HOW TO REGISTER:

To register for a class, you must first complete a SENIOR CENTER MEMBERSHIP form at any of our five locations. We recommend stopping in at your local center for a tour and to complete this form ahead of class registration.

Class registrations are accepted IN PERSON ONLY. At this time, we do not accept mail-in or drop-off registrations (except for Norrisville). You may bring ONE additional registration besides your own for someone unable to register in person. No one is permitted to hold a place in the registration line or to accept a registration from someone with a higher processing number once numbers have been issued.

We accept cash, checks (made payable to Harford County, Maryland), VISA, MasterCard, Discover and debit cards at all locations except Norrisville. If a course does not meet minimum enrollment, the class will be cancelled and students who paid for that class will be refunded. THERE ARE NO OTHER REFUNDS. Thank you for your cooperation.

**This document is available in an alternative format upon request and on the
Harford County website at www.harfordcountymd.gov/services/aging**

What You Need to Know Before You Register for Classes

LIABILITY WAIVERS

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by instructors to sign a liability waiver as part of their business practice. Individual instructors can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers.

If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

TRANSITION TIME FOR CLASSES AND ACTIVITIES

Our centers have busy schedules, and many classes and activities run back to back. Please note that the time listed for an activity or classes includes transition time for attendance at the start of class, and a few minutes for a class or activity to end and for participants to leave the space. We ask that participants arrive promptly for class and vacate the space quickly when the class is over. Thank you for your cooperation!

SENIOR CENTER INCLEMENT WEATHER POLICY

In the event of inclement weather, our foremost concern is the safety of participants and staff. In the case of inclement weather, if Harford County Public

Schools are closed, all senior centers are closed. If Harford County Government offices are closed, all senior centers are closed. If Harford County Public Schools open LATE, all senior centers will open at 10:00 AM, with no bus or lunch service. Morning classes starting prior to 10:00 a.m. will be cancelled. If Harford County Government offices open LATE, all senior centers will open at the same time that Harford County Government Offices open, with no bus or lunch service. Morning classes with starting times prior to the late opening time will be cancelled. You can confirm closures or delays by visiting the Harford County website: www.harford-countymd.gov/1139/County-Government-ClosingsDelays by calling the Harford County Inclement Weather Information Lines: 410-638-3484 or 410-638-3594 or by calling your local senior center.

OTHER CLOSINGS

Every effort is made to keep the centers open during all normal hours of operation. Situations and conditions may arise that require us to close the center for all or part of the day. We will give participants as much notice as possible when these situations arise.

MEMBER REQUESTS TO MAKE UP CLASSES

Members often ask if they can "make up" a class they must miss due to illness or a schedule conflict, especially when their instructor is offering the same class at the same center on a different day, or at another center. Members are not permitted to attend any class but the class they are registered to attend. Thank you for your understanding.

Please note: This applies only to situations where a member must miss a class, not to classes cancelled by the instructor or to cancellations due to weather or other center emergencies.

FITNESS CLASS SYMBOLS



Aerobic, Increases heart rate



Light strength training/toning.
Class may or may not use weights.



Seated/Seated Option



Mind/Body class. Uses breath with movement and concentration to enhance overall wellness and fitness.



Basic exercise for those just getting back into exercise or with limited abilities.



Intermediate low impact exercise for those with some experience and who can stand for at least 30 minutes.



Advanced exercise for those who can move continuously for at least 30 minutes and can easily get up and down from floor.

MORE INFORMATION ON OUR WEBSITE

More information about the Harford County Senior Activity Centers, services offered through the Office on Aging, and information on community resources can be found on the Harford County web site at www.harfordcountymd.gov

To request disability-related accommodations, call 410-638-3025 at least seven days before an event.

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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Aberdeen Senior Activity Center

Exercise	AB130EX	Zumba Gold	16	Monday	10:00 a.m. - 11:00 a.m.	15	30	Mercado	\$23
	AB330EX	Zumba Gold <i>No class 7/26</i>	16	Wednesday	10:00 a.m. - 11:00 a.m.	15	30	Mercado	\$23
	AB436EX	Zumba Gold Chair	16	Monday	11:15 a.m. - 12:00 noon	2	30	Willis	\$23
Life Enrichment	AB908LE	Conversational Spanish - Intermediate	16	Tuesday	12:30 p.m. - 1:30 p.m.	6	12	Stevens	\$14

Edgewood Senior Activity Center

Dance	ED702DA	Line Dance Advanced <i>Class held at ERCC</i>	13	Monday	9:30 a.m. - 10:45 a.m.	5	60	Smith	\$5
	ED802DA	Line Dance Beginning <i>Class held at ERCC</i>	13	Wednesday	9:30 a.m. - 10:30 a.m.	5	60	Smith	\$5
Exercise	ED404EX	Cardio Toning <i>No class 7/11</i>	14	Tuesday	8:45 a.m. - 9:45 a.m.	10	20	Keene	\$21
	ED170EX	Functional Fitness <i>No class 7/10</i>	14	Monday	10:30 a.m. - 11:30 a.m.	10	20	Keene	\$21
	ED501EX	Gentle Yoga & Meditation <i>Class held at ERCC</i>	15	Tuesday	9:00 a.m. - 10:00 a.m.	15	40	Trafton	\$23
	ED503EX	Gentle Yoga & Meditation <i>Class held at ERCC</i>	15	Thursday	9:00 a.m. - 10:00 a.m.	15	30	Trafton	\$25
	ED186EX	Traditional Yang Tai Chi Chuan-Basic <i>Class held at ERCC</i>	15	Tuesday	10:30 a.m. - 11:30 a.m.	4	40	Martinez	\$23
	ED230EX	Zumba Gold <i>Class held at ERCC</i>	16	Thursday	10:15 a.m. - 11:15 a.m.	15	45	Renshaw	\$25
	ED436EX	Zumba Gold Chair <i>No class 7/10</i>	16	Monday	12:45 p.m. - 1:45 p.m.	10	40	Keene	\$21

Fallston Senior Activity Center

Arts & Crafts	FA130AC	Embroidery	12	Friday	10:00 a.m. - 12:00 noon	5	10	Hopkins	\$45
	FA506AC	Knit & Crochet Beginner/Intermediate	12	Tuesday	10:00 a.m. - 12:00 noon	5	20	Hopkins	\$41
Computers	FA103CO-E	A Guide to Getting the Most Out of Your Computers: Desktop, Laptop & Smartphone Level 2 <i>Four classes: 8/10, 17, 24, 31</i>	12	Thursday	10:00 a.m. - 12:00 noon	7	12	Galumbeck	\$45
	FA107CO-A	All About Computer Basics - Level 1 <i>Four classes: 7/13, 20, 27, 8/3</i>	12	Thursday	10:00 a.m. - 12:00 noon	7	12	Galumbeck	\$45
Dance	FA123DA	Basic Tap Dance - Level 1	13	Wednesday	9:30 a.m. - 10:30 a.m.	7	40	Erline	\$25

	Course #	Course Name	Pg #	Day	Time	Min/Max	Enr.	Instructor	Cost
Fallston Senior Activity Center (cont.)									
	FA124DA	Basic Tap Dance - Level 2	13	Tuesday	10:15 a.m. -11:15 a.m.	6	40	Erline	\$23
	FA106DA	Cardio Dance for Active Seniors	13	Tuesday	9:00 a.m. - 10:00 a.m.	10	55	Conner	\$23
	FA306DA	Cardio Dance for Active Seniors	13	Thursday	9:00 a.m. - 10:00 a.m.	10	55	Conner	\$25
	FA101DA	Line Dance 1	13	Monday	9:30 a.m. - 10:30 a.m.	10	60	DeAngelis	\$23
	FA698DA	Stretch & Tone Barre	13	Thursday	10:00 a.m. - 11:00 a.m.	5	20	Erline	\$25
Exercise	FA167EX	Body Conditioning & Training	14	Monday	10:00 a.m. - 11:00 a.m.	15	60	Conner	\$23
	FA166EX	Body Conditioning & Training	14	Wednesday	10:00 a.m. - 11:00 a.m.	10	60	Conner	\$25
	FA173EX	Body Conditioning & Training - Beginner	14	Monday	12:00 noon - 1:00 p.m.	15	45	Conner	\$23
	FA172EX	Body Conditioning & Training - Beginner	14	Wednesday	12:00 noon - 1:00 p.m.	15	45	Conner	\$25
	FA188EX	Body Conditioning & Training - Beginner	14	Tuesday	12:00 noon - 1:00 p.m.	15	45	Conner	\$25
	FA231EX	Body Tone	14	Thursday	9:00 a.m. - 10:00 a.m.	15	60	McDaniel	\$25
	FA129EX	Cardio Intervals	14	Monday	9:00 a.m. - 10:00 a.m.	15	45	Conner	\$23
	FA329EX	Cardio Intervals	14	Wednesday	9:00 a.m. - 10:00 a.m.	15	60	Conner	\$25
	FA150EX	Chair Cardio-Sit & Get Fit	14	Tuesday	11:00 a.m. - 12:00 noon	10	40	Conner	\$23
	FA450EX	Chair Cardio-Sit & Get Fit	14	Thursday	11:00 a.m. - 12:00 noon	10	40	Conner	\$25
	FA223EX	Chair Yoga Class starts 7/6 (9 week class)	14	Thursday	12:00 noon - 1:00 p.m.	12	60	Norwood	\$23
	FA233EX	Gentle Aerobics & Yoga Combo	14	Thursday	10:00 a.m. - 11:00 a.m.	15	60	McDaniel	\$25
	FA224EX	Gentle Yoga Class starts 7/11 (8 week class)	15	Tuesday	12:00 noon - 1:00 p.m.	12	60	Norwood	\$21
	FA121EX	Get to the Core - Pilates	15	Thursday	11:00 a.m. - 12:00 noon	15	60	McDaniel	\$25
	FA158EX	Pilates Yoga Blend	15	Monday	11:00 a.m. - 12:00 noon	15	45	Conner	\$23
	FA246EX	Tai Chi Chuan - Yang Style	15	Thursday	2:00 p.m. - 3:00 p.m.	10	16	Pearce	\$25
	FA239EX	Yoga Strength & Stretch	16	Tuesday	10:00 a.m. - 11:00 a.m.	10	60	Conner	\$23
	FA139EX	Yoga Strength & Stretch – Beginner	16	Wednesday	11:00 a.m.-12:00 noon	10	45	Conner	\$25
	FA339EX	Yoga Strength & Stretch	16	Thursday	10:00 a.m. - 11:00 a.m.	10	60	Conner	\$25
	FA185EX	Yoga Strength & Stretch Beginner	16	Thursday	12:00 noon - 1 p.m.	10	45	Conner	\$25
	FA130EX	Zumba Gold	16	Monday	11:00 a.m. - 12:00 a.m.	15	50	Slacum	\$23
	FA330EX	Zumba Gold	16	Wednesday	10:00 a.m. - 11:00 a.m.	15	50	Slacum	\$25
Life Enrichment	FA910LE	Learning Italian Language & Culture - Level 2	16	Tuesday	9:30 a.m. - 11:30 a.m.	5	15	Perino	\$41
	FA809LE	Learning Italian with Fun - Level 1	16	Tuesday	11:45 a.m. - 1:45 p.m.	5	20	Perino	\$41

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
Havre de Grace Senior Activity Center							
<i>Dance</i>	HG802DA	Line Dance - Beginner	13	Tuesday	11:00 a.m. - 12:00 noon	8 50	Pastelak \$19
	HG601DA	Line Dance - Ultra Beginner	13	Tuesday	10:00 a.m. - 11:00 a.m.	8 80	Pastelak \$19
<i>Exercise</i>	HG604EX	Cardio Toning <i>No class 7/10</i>	14	Monday	9:00 a.m. - 10:00 a.m.	10 40	Keene \$21
	HG104EX	Cardio Toning	14	Wednesday	9:00 a.m. - 10:00 a.m.	10 40	Keene \$25
	HG846EX	Tai Chi & QiGong	15	M, T, Thur, Fri	11:00 a.m. - 12:00 noon	10 50	Matters/Powell \$5
	HG308EX	Yoga <i>Class starts 7/3 (8 week class)</i>	15	Monday	10:00 a.m. - 11:00 a.m.	20 60	Norwood \$21
	HG408EX	Yoga <i>Class starts 7/5 (9 week class)</i>	15	Wednesday	10:00 a.m. - 11:00 a.m.	15 60	Norwood \$23
	HG208EX	Yoga <i>Class starts 7/7 (9 week class)</i>	15	Friday	10:00 a.m. - 11:00 a.m.	15 60	Norwood \$23
	HG130EX	Zumba Gold	16	Monday	9:00 a.m. - 10:00 a.m.	10 60	Wurm \$23
	HG230EX	Zumba Gold	16	Thursday	9:00 a.m. - 10:00 a.m.	10 60	Wurm \$25
	HG436EX	Zumba Gold Chair	16	Monday	11:00 a.m. - 12:00 noon	8 22	Wurm \$23
	HG440EX	Zumba Gold Chair	16	Thursday	11:00 a.m. - 12:00 noon	8 22	Wurm \$25
<i>Fine Arts</i>	HG119FA	Beginning Painting & Drawing <i>Will provide a supplies list at front desk.</i>	16	Monday	10:00 a.m. - 12:00 noon	5 20	Presberry \$41
McFaul Senior Activity Center							
<i>Arts & Crafts</i>	BA130AC	Embroidery	12	Wednesday	1:30 p.m. - 3:30 p.m.	5 10	Hopkins \$45
	BA123AC-AM	Knit & Crochet All Levels	12	Thursday	10:00 a.m. - 12:00 noon	5 20	Hopkins \$45
	BA123AC-PM	Knit & Crochet All Levels	12	Thursday	1:00 p.m. - 3:00 p.m.	5 20	Hopkins \$45
	BA506AC	Knit & Crochet Beginner/Intermediate	12	Tuesday	1:00 p.m. - 3:00 p.m.	5 20	Hopkins \$41
<i>Computers</i>	BA103CO-E	A Guide to Getting the Most Out of Your Computers: Desktop, Laptop & Smartphone Level 2 <i>Four classes: 8/8, 15, 22, 28</i>	12	Tuesday	10:00 a.m. - 12:00 noon	6 8	Galumbeck \$45
	BA107CO-A	All About Computer Basics - Level 1 <i>Four classes: 7/11, 18, 25, 8/1</i>	12	Tuesday	10:00 a.m. - 12:00 noon	6 8	Galumbeck \$45
	BA122CO	User Basics for Apple iPhone Owners <i>Five sessions: 7/12, 19, 26, 8/2, 9</i>	12	Wednesday	1:30 p.m. - 2:30 p.m.	5 10	Erline \$30
<i>Dance</i>	BA123DA	Basic Tap Dance - Level 1	13	Wednesday	12:00 noon - 1:00 p.m.	6 15	Erline \$25
	BA301DA	Line Dance 1	16	Wednesday	9:30 a.m. - 10:30 a.m.	10 60	DeAngelis \$25
	BA605DA	Line Dance 2 & 3	16	Wednesday	10:45 a.m. - 11:45 a.m.	10 40	DeAngelis \$25
	BA698DA	Stretch & Tone Barre	13	Monday	10:00 a.m. - 11:00 a.m.	5 14	Erline \$23

Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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McFaul Senior Activity Center (cont.)

Exercise	BA194EX-A	Better Posture/Better You <i>One session: 7/10</i>	13	Monday	12:30 p.m. - 2:30 p.m.	2	4	McDaniel	\$25
	BA194EX-B	Better Posture/Better You <i>One session: 8/21</i>	13	Monday	12:30 p.m. - 2:30 p.m.	2	4	McDaniel	\$25
	BA231EX	Body Tone <i>No class 8/14</i>	14	Monday	10:00 a.m. - 11:00 a.m.	15	60	McDaniel	\$21
	BA500EX	Cardio Intervals Plus	14	Friday	9:00 a.m. - 10:00 a.m.	15	60	McDaniel	\$25
	BA704EX	Cardio Toning with Core	14	Tuesday	9:00 a.m. - 10:00 a.m.	20	60	Svoboda	\$23
	BA804EX	Cardio Toning with Core	14	Thursday	9:00 a.m. - 10:00 a.m.	20	60	Svoboda	\$25
	BA118EX	Classic Cardio <i>No class 8/14</i>	14	Monday	9:00 a.m. - 10:00 a.m.	15	60	McDaniel	\$21
	BA191EX	Functional Movement	14	Friday	11:00 a.m. - 12:00 noon	10	60	McDaniel	\$25
	BA132EX	Gentle Aerobics & Yoga Combo <i>No class 8/14</i>	14	Monday	11:00 a.m. - 12:00 noon	15	60	McDaniel	\$21
	BA402EX	Gentle/Chair Yoga <i>No class 8/14</i>	14	Monday	12:00 noon - 12:30 p.m.	15	25	McDaniel	\$13
	BA159EX	Hatha Yoga	15	Friday	10:00 a.m. - 11:00 a.m.	15	60	McDaniel	\$25
	BA326EX	Sit & Stretch	15	Tuesday	11:30 a.m. - 12:30 p.m.	10	25	Webb	\$23
	BA327EX	Sit & Stretch	15	Thursday	11:30 a.m. - 12:30 p.m.	10	25	Webb	\$25
	BA235EX-A	Small Group Training <i>Four sessions: 7/7, 7/14, 7/21, 7/28</i>	15	Friday	12:30 p.m. - 1:30 p.m.	2	4	McDaniel	\$45
	BA235EX-B	Small Group Training <i>Four sessions: 8/4, 8/11, 8/18, 8/25</i>	15	Friday	12:30 p.m. - 1:30 p.m.	2	4	McDaniel	\$45
	BA177EX	Traditional Yang Tai Chi Chuan - Intermediate	15	Tuesday	9:00 a.m. - 10:00 a.m.	4	25	Martinez	\$23
	BA178EX	Traditional Yang Tai Chi Chuan - Intermediate	15	Friday	9:00 a.m. - 10:00 a.m.	4	25	Martinez	\$25
	BA108EX	Yoga <i>Class starts 7/11 (8 week class)</i>	15	Tuesday	10:00 a.m. - 11:00 a.m.	15	60	Norwood	\$21
	BA508EX	Yoga <i>Class starts 7/6 (9 week class)</i>	15	Thursday	10:00 a.m. - 11:00 a.m.	15	60	Norwood	\$23
	BA230EX	Zumba Gold	16	Thursday	11:00 a.m. - 12:00 noon	10	40	Privett	\$25
	BA438EX	Zumba Gold Chair	16	Wednesday	9:00 a.m. - 10:00 a.m.	10	20	Privett	\$25
	BA631EX	Zumba Gold Toning	16	Tuesday	11:00 a.m. - 12:00 noon	10	40	Privett	\$23
Fine Arts	BA116FA	Oil Painting for All Levels	16	Friday	10:00 a.m. - 12:00 noon	8	10	Tryon Elgin	\$45
	BA115FA	Pastel Drawing and Painting	16	Friday	1:00 p.m. - 3:00 p.m.	8	10	Tryon Elgin	\$45

Norrisville Senior Activity Center

Exercise	NR108EX	Yoga	15	Tuesday	9:00 a.m. - 10:00 a.m.	5	25	Wachter	\$23
	NR634EX	Zumba Gold Toning	16	Friday	9:30 a.m. - 10:30 a.m.	6	50	Sporrer	\$25

STAY CONNECTED... STAY INFORMED... SIGN UP NOW...

EMERGENCY NOTIFICATION SYSTEM

This system provides Public Safety officials the ability to send vital emergency messages to all affected residents and businesses within a matter of minutes. Notifications may include severe weather, imminent flood warnings, missing persons, and other important information that can help ensure the safety of the citizens of Harford County. This new technology will also enable Harford County to send voice or text messages to cell phones, PDA, e-mail accounts, and TTY/TDD for the hearing impaired. Although all publicly available residential and business telephone numbers have already been automatically entered into the system, County officials are urging citizens and business owners to add unlisted telephone numbers, cell phone numbers, and email addresses by registering for free at www.harfordpublicsafety.org and clicking on



**Additional information is available at www.harfordpublicsafety.org
or by contacting Emergency Operations at 410-638-4029.**

Class Descriptions

PLEASE NOTE: *This is a comprehensive list of all classes offered throughout the Senior Center Division over the course of the year. Not every class in this listing is offered each session and not all classes are offered at every location. Please see the class listing to confirm what is being offered this session at each location.*

Arts & Crafts

Embroidery

Learn basic embroidery stitches: stems, flowers, cross stitch and more. As you advance, you will learn additional stitches and patterns throughout the class. Learn how to make your own patterns and/or complete patterns you have for clothing, pillowcases, quilt embellishments, etc. Students should bring a variety of embroidery floss in desired colors, a 6" embroidery hoop and a 13" square of white muslin or cotton fabric. *Kits containing everything except the 6" embroidery hoop are available from the instructor for \$5.*

Knit & Crochet All Levels

Take your craft to a new level. Learn basic and advanced stitches, new patterns and methods. Work at your pace. Experienced students are welcome to bring their own pattern. Bring light colored yarn (#4, #5 or #6 weight) and appropriate needles.

Knit & Crochet Beginner/Intermediate

Beginners learn basic skills to complete a dishcloth project. Patterns provided for an additional project. Intermediate students will be guided on a project of their choice (your own pattern is encouraged).

Computers

A Guide to Getting the Most out of Your Computers: Desktop, Laptop & Smartphone – Level 2

- How to customize your computer and make existing programs accessible
- Add to and learn to use free programs for performing tasks, adjusting photos and more
- Bookmarking meaningful websites, obtain free resources, and publications
- Removing unwanted programs and backing up your computer's files, etc.
- Creating eye catching emails by inserting art and photos

- Establishing your own safe Newsletter instead of using Social Media
- Understanding and using Cloud storage

(Prerequisite: know how to use a keyboard and mouse)

*TIPS FOR YOUR SMART PHONE

All About Computer Basics – Level 1

- An overview of Windows 10.
- Keyboard and Mouse--Understanding the keyboard and how to use a mouse.
- Internet--How to search on the net and recognize meaningful websites.
- Filling Out Forms on the Internet--how to register for internet access to various websites.
- Useful websites and recognizing Spam.
- Using email and moving mail from your inbox to folders; obtaining pictures and files from the Internet.

(Prerequisite: know how to use a keyboard and mouse)

User Basics for Apple iPhone Owners

A class for iPhone owners to have a working overview of the calling and emergency phone features and standard applications like email, safari, camera, maps and app store. There will also be a walk through the Settings options with tips for greater security and functionality. Five weeks of practice exercises and review. *This class requires a liability waiver to be signed the day of class.*

Dance

(See Fitness Class Symbols Key on Page 3)

Notice to Members: Liability Waivers

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by the instructor to sign a liability waiver as part of their business practice. The individual instructor can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers. If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

Basic Tap Dance 1 OR

Learn basic tap steps while using lower body and core strength to dance in rhythms. Begin with a warm-up and practice of basic tap steps, and building the steps to final movement combinations. Tap shoes are preferred but athletic shoes can also be used. Clothing should be comfortable for movement.

Basic Tap Dance – Level 2 OR

This class is for anyone who already has taken one or more semesters of tap dance. Begin with a warm-up and practice of basic tap steps, and building the steps to final movement combinations. Tap shoes are preferred but athletic shoes can also be used. Clothing should be comfortable for movement.

Cardio Dance for Active Seniors

Warm-up, workout, strengthen and cool-down using music and choreographed aerobics with a balanced combination of rhythmic limbering exercise and static stretches. Includes standardized dance steps to improve the cardiovascular system and strength training for both the upper and lower body. Strength training and toning will be done from seated or standing positions. Bring a bottle of water to class.

Line Dance 1

If you have never danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure – just fun! Line dance is a great way to exercise the body and mind while moving to the beat of the latest hits and favorite oldies music.

Line Dance 2 & 3

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music and more.

Line Dance - Beginner

Learn beginning line dance steps. Individual help will be offered if needed. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor are required.

Line Dance - Ultra Beginner

Learn all of the basic steps involved in line dancing. We will do ultra-beginner dances only, taking time to help individuals who are having trouble with some of the steps. Some dances consist of 16, 24 and 32 steps. We will start with 16 step dances and work up to 24 slowly.

Stretch & Tone Barre

Basic dance and exercise movements, done by using a barre or chair for stability. Toning and stretching workout for the entire body, using light weights to fun & funky music. Students must be able to stand for the entire class. Optional equipment is available through the instructor.

Exercise

(See Fitness Class Symbols Key on Page 3)

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Better Posture / Better You (Lecture)

Why not take time to educate yourself on how your body is designed and moves? This 2-hour talk is designed to teach you ways to improve your posture and help with everyday movements. Learning to activate the core muscles and breathe properly plays a huge role in keeping you safe and injury free. Form and technique are the keys to a healthy life.

Body Conditioning & Training - Beginner OR

Get the training for an effective body conditioning workout. Learn and understand proper form when using hand weights, body bars, balls, etc. All routines are choreographed with music. All exercises are done standing or in a seated position.

Body Conditioning & Training

Training for an effective body conditioning workout includes routines choreographed with music. Learn and understand proper form when using hand-weights, body-bars, balls, etc. Bring an exercise mat to class. Participants may use a chair during the class.

Body Tone

This class is a fun and exciting way to gain strength and improve muscle endurance. Upbeat songs are choreographed to target each specific muscle group. Includes a cool-down and stretching to improve flexibility. Bring hand-weights and an exercise mat.

Cardio Intervals

Performing intervals of cardio and strength training is twice as effective as regular exercising. Improve your strength and endurance while creating a higher metabolism to burn calories for hours after class ends.

Cardio Intervals Plus

Performing intervals of cardio (4 minutes) and strength training (2 minutes) is twice as effective as regular exercise. Improve your strength and endurance. Class concludes with core exercises and stretching while seated in a chair. Bring your own hand weights.

Cardio Toning OR

Class combines low impact cardio interval and strength/toning training. Improve your strength and endurance while increasing your metabolism to burn fat. Exercises are done standing; no floor mat is required. Bring your own light weights.

Cardio Toning with Core OR

Work at your own level. Alternating aerobic and toning exercises encourage increased range of movement and proper posture. Exercise in a light-hearted atmosphere with "oldies" music. Students must be able to stand and walk, but can use a chair if needed.

Chair Cardio-Sit & Get Fit

Exercises will be done in seated and standing positions. Strength training is included. Benefits anyone looking for a safe beginning into the fitness arena and allows them to work up to more intense exercise. The Balance Challenge position will help improve overall balance by developing core strength and sense of motion in standing and/or sitting positions with an emphasis on real life situations.

Chair Yoga

Practice yoga in a manner that is slow-paced, gentle and supportive. All postures are guided either sitting in a chair or using a chair for support while standing. Wear comfortable, layered clothing and sneakers. Bring a yoga mat, strap and small towel to class.

Classic Cardio OR

Low impact cardio conditioning using simple moves such as grapevine and mambo while listening to songs you know and love. Participants must be able to get up and down from the floor unassisted. Bring an exercise mat for abdominal and stretching exercises.

Functional Fitness

Basic muscle toning class focuses on core strength using a variety of equipment. Basic body sculpting and toning exercises work the core and help challenge balance while decreasing body fat and improving overall health. Most exercises are done from a seated position but students also can stand.

Functional Movement

This class focuses on strength, stretching, flexibility, posture, range of motion and coordination. Notice improvement in your overall health and mobility as you perform daily functional movements. Ending with relaxation is the perfect way to quiet and balance the mind and body.

Gentle Aerobics & Yoga Combo OR

This class is the perfect combination of Cardio and Yoga. Music is played at a pace to promote individual success. The class ends with gentle and beneficial yoga poses, seated in a chair, or standing with assistance from a chair.

Gentle/Chair Yoga OR

Increases strength, flexibility, and balance while relieving stress and tension associated with everyday living. Participants can work at a beginner or intermediate level. Move through poses seated in a chair, or stand (using a chair for assistance) with great reward for both your body and mind.

Gentle Yoga

This class is open to all levels of practice and abilities. The class focuses on basic yoga poses, how to modify the poses, and how to connect them through breath, alignment and mindfulness. Therapeutic in nature, this class will help you gain flexibility, strength and balance as you move through the poses at a slower pace. Meditation and relaxation techniques encourage stress reduction and overall positive well-being. Perfect for beginners. Participants must be able to get up and down from off the floor unassisted. A yoga mat is required.

Gentle Yoga and Meditation

Students will practice gentle yoga and breathing techniques with pauses to notice feelings and connections between their mind, body, and spirit. Students will also be introduced to meditative techniques after asana (poses) and pranayama (breathing exercises) have prepared them. A relaxed body will lead to a relaxed mind. Students must be able to attain a standing position from the floor.

Get to the Core - Pilates OR

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It put emphasis on alignment, breathing, developing a strong core and improving coordination and balance. Most exercises are done on the floor. Bring an exercise mat.

Hatha Yoga OR

Modern yoga is practiced to promote good health and wellbeing. Using breath to move you in and out of poses will help improve flexibility, balance and strength. Students are encouraged to work on their own level. Participants must be able to get up and down from the floor unassisted. Bring a mat. Blocks and straps are suggested..

Pilates / Yoga Blend

While Pilates is great for creating long, lean muscle, Yoga gives you strength, balance and flexibility. This revolutionary bend of Yoga and Pilates combines movement within both disciplines adding the element of functional fitness while building core strength. Participants must be able to get up and down from the floor unassisted. Bring a yoga mat to class.

Sit & Stretch

All exercises are done without leaving your chair. The emphasis is on strengthening stretching, flexibility, posture, range of motion and coordination moves. Physical capabilities and strength will expand for increased fitness and flexibility.

Small Group Training

This class meets in the fitness room for four consecutive weeks. Students will learn proper alignment and technique with various pieces of fitness equipment. Each participant receives a personalized chart for their workout. Limited to four students.

Tai Chi & Qigong

Exercise without strain or pain while learning low impact ancient Chinese Tai Chi Forms and Qigong exercises to increase muscle strength and aerobic capacity. Benefits to overall health, when performed regularly, include decreased stress and anxiety and increased energy, stamina, flexibility and balance.

Tai Chi Chuan - Yang Style OR

Learn the elemental principles of Tai Chi Chuan (pronounced tie-chee-quan) form choreography, breath coordination and the ability to improve balance, mobility, and energy levels. Instruction includes both seated and moving Taoist Qigong warm-up exercises used to help stretch the limbs and chest cavity for a more flexible body. Participants can work at an intermediate or advanced level.

Traditional Yang Tai Chi Chuan OR

Students will be taught the principles of taijiquan, form choreography and breath coordination in order to realize the potential of taijiquan exercise to improve balance, mobility and energy levels. Instruction will include qigong warm-up exercises taken directly from internal Chinese martial arts systems, which are used for building, storing and improving the expression of qi (internal energy).

Traditional Yang Tai Chi Chuan—Intermediate OR

Using Chi Kung (Qigong or Energy Work) with Tai Chi Chuan (T'ai chi ch'uan/ Taijiquan/Grant Ultimate Boxing), and the Yang Tai Chi Long Form as a framework, participants will examine postures of the Yang Tai Chi Long form, their relationship to each other and the nature of the energies they exhibit. The Long Form will be taught in six sections with a goal of setting a 29-minute optimum duration and pace for the entire form. Students should wear loose fitting clothing and flat soled shoes (not running shoes). Cross trainers or court shoes are preferred. Instructor can provide suggestions and refer students to sources.

Yoga OR

A traditional yoga "flow" class with modifications available. Postures will focus on alignment, increasing range of motion and strength with a final relaxation focusing on breath and stress relief. Participants must be able to get up and down from the floor unassisted. Bring a yoga mat and water bottle.

Yoga Strength & Stretch Beginner

Class is taught with gentle standing and sitting poses designed to improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance and help combat daily stress. Students will NOT have to get up and down from the floor unassisted. Chairs can be used for modified poses to assist in the student's transition from beginner level to intermediate. Yoga mat required for standing poses only.

Yoga Strength & Stretch

Class is designed to improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance and help combat daily stress. Students must be able to get up and down from the floor unassisted. Chairs can be used for modified poses to assist in the student's transition from beginner level to intermediate. A yoga mat is required.

Zumba™ Gold

Zumba Gold is a low impact dance/fitness class for the active older adult using modified dance and fitness movements. Zumba Gold helps improve balance, flexibility and cardiovascular strength. Warm up with low impact dance movements in a 6-10 minute period to prepare for interval dance routines. Start with Latin dance moves from medium to high impact. Participants must be able to stand during the entire class.

Zumba™ Gold Chair

Zumba Gold Chair is designed for the older adult population, those with limited range of motion, physical limitations or wheelchair bound. Classes aim to help individuals maintain their functional skills and attune them to their body responses while learning easy choreography movements. Students with problems standing or using a walker or wheelchair may benefit from this class. Zumba toning sticks are available for purchase from the instructor, but are NOT required.

Zumba™ Gold Toning

Zumba Gold Toning offers the Zumba fitness party at a slower pace and uses Zumba Gold Toning Sticks to shake up those muscles. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength and atrophy.

Fine Arts

Beginning Painting and Drawing

A class for students who would like to learn how to paint and draw. Students will learn how to use color theory and will complete a landscape project or another project of particular interest to the student. A list of needed supplies is available at the front desk.

Oil Painting for All Levels

Explore the many possibilities in the blending of different oil colors. Required projects: 3 different paintings that cover areas from tonal value to color mixing. Instruction will include layout, perspective, using light and shadow to create depth and focus.

Pastel Drawing and Painting

Learn to control the mediums of graphite, charcoal and pastels to create fully developed drawings. Learn skills to control line, shape and form while working from concept to fully developed drawings. Instruction includes layout, perspective, light, and shadow to create depth and focus.

Life Enrichment

Conversational Spanish - Intermediate

This class will help students learn to pronounce, read, comprehend, and engage in basic Spanish conversation. Prerequisite: Student must have understanding of some basic Spanish.

Learning Italian With Fun (Level 1)

Introductory course will enable students to understand simple written and spoken Italian – acquiring “survival skills” essential to traveling in Italy. Have fun while learning about Italian food, songs, art, history and culture. Textbook will be suggested and handouts provided.

Learning Italian Language & Culture (Level 2)

Prerequisite: Learning Italian with Fun (Level 1). Continue basic understanding of written and spoken Italian language while learning about food, songs, art, history and customs. Textbook may be suggested at the beginning of the course and handouts provided.



STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Local Help for People with Medicare

Comprehensive Health Insurance Counseling
to Older Marylanders and their Caregivers

Counseling services are confidential and free of charge

The State Health Insurance Assistance Program (SHIP) meets one of the most universal needs of Medicare beneficiaries, including those under 65 years of age - understanding their health insurance benefits, bills and rights. The Harford County SHIP program provides trained staff and volunteer counselors who provide in-person and telephone assistance in the following general areas:

- Medicare
- Medicare Supplements (Medigap Plans)
- Medicare Drug Plans (Part D)
- Counseling assistance for disabled Medicare beneficiaries (under age 65)
- Medicare Savings Plans
- Medicare Advantage Plans
- Long Term Care Insurance
- Medical Assistance Programs
- Pharmacy Assistance Benefits
- Assistance for low-income beneficiaries
- Assistance with Medicare denials, appeals, and grievances
- Billing Problems
- Health Care Fraud and Abuse
- Volunteer Counselor Opportunities
- Free Community Presentations
- Senior Medicare Patrol



Barry Glassman
Harford County Executive

Amber Shrodes
Director, Community Services

Office on Aging

Harford County Department of Community Services
www.harfordcountymd.gov/services/aging 410.612.1622

HIGHLIGHTS

HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES

OFFICE ON AGING

The Harford County Department of Community Services Office on Aging provides support to persons age 55 and over to live full, productive and satisfying lives.*

SERVICES

Caregiver Support — case workers provide case management and coordinate services for respite care and/or financial assistance for other services and supplies as determined on an individual basis.

Housing Information — available on senior apartments, assisted living and nursing homes in Harford County.

In-Home Care — includes home visits by Office on Aging caseworkers, and senior care that provides services to eligible homebound seniors, such as shopping, personal hygiene, cleaning/chores, medications and respite care.

Information and Assistance regarding:

- Consumer Problems
- Food Stamps
- Insurance
- Legal & Financial Issues
- Loan Closet
- Long Term Care
- Medical Assistance
- Pharmacy Assistance
- Social Security
- Social Services
- Supplemental Security Income
- Support Groups
- Taxes
- Veterans Benefits

Long Term Care Ombudsman — helps advocate for the rights of residents of nursing homes and assisted living facilities.

Medicaid Waiver — provides case management services for those who are medically and financially eligible for nursing home medical assistance.

State Health Insurance Assistance Program (SHIP) — provides information on health insurance issues affecting seniors, such as Medicare, Medicaid, Medigap and Long Term Care Insurance. **The Senior Medicare Patrol (SMP)** program trains people to be aware of health care fraud, waste and abuse in the Medicare/Medicaid programs and provides information about identity theft and scams.

** Some services require a person to be age 60 or over.*

Direct Numbers for Office on Aging Programs

**Aging & Disability
Resource Center (ADRC)**
410-638-3303

Caregiver Program
410-638-3303

Guardianship Program
410-638-4283

Medicaid Waiver Program
410-638-4283

Ombudsman Program
410-638-3577

Outreach Programs
410-638-3303

Senior Care Program
410-638-3303

Senior Activity Centers
410-638-3032

State Health Insurance Program
410-638-3577

Senior Medicare Patrol Program
410-638-3577

CONTACT

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Office on Aging

Harford County Department of Community Services
www.harfordcountymd.gov/services/aging 410.638.3025

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HARFORD

COUNTY

BARRY GLASSMAN, COUNTY EXECUTIVE

"How can we help you?"



COMMUNITY
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